



BC Association of Pregnancy Outreach Programs  
**BCAPOP**  
Leadership • Support • Advocacy

2019

23<sup>rd</sup> Annual  
BCAPOP Conference

October 9 - 11, 2019



Supporting Families:  
Mind, Body & Spirit

# General Information

## Hotel

### The Westin Wall Centre, Vancouver Airport

3099 Corvette Way  
Richmond BC V6X 4K3

[www.westinvancouverairport.com](http://www.westinvancouverairport.com)

## Parking

**Day Guests:** Purchase parking ticket from the parkade meter. You must select the 'BCAPOP' parking rate to receive the discounted rate. Daily Rate: \$5 + tax.

**Overnight Guests:** Parking will be charged directly to your guest-room. Please register your vehicle with the hotel front desk upon arrival. Overnight Rate: \$10 + tax

## Transit

- Bridgeport Station, Canada Line

## Driving Directions

Visit the hotel's website for driving directions.  
[www.westinvancouverairport.com/directions](http://www.westinvancouverairport.com/directions)

## Complimentary Airport Shuttle

Hotel guests can catch the shuttle every 30 minutes during shuttle operation hours.  
[www.marriott.com/hotels/maps/travel/yvrwc-the-westin-wall-centre-vancouver-airport](http://www.marriott.com/hotels/maps/travel/yvrwc-the-westin-wall-centre-vancouver-airport)

## Reservations

Rooms at the BCAPOP Conference rates are limited and available on a first come, first-served basis. Book early to secure your room. Call the hotel and request the BCAPOP conference rate. Rooms will be held at our special conference rate until August 31, 2019.

### Conference rate: \$165/night + applicable taxes

Guests also have the selection of booking a Club Room for \$195/night + applicable taxes. Please confirm your preferences with the hotel at time of booking.

### To make your reservation:

Call 604-303-6565 or 1-866-932-7742

## Registration Information

For questions about conference registration, please email [popinfo@bcapop.ca](mailto:popinfo@bcapop.ca)

## Target Audience

Anyone interested in Maternal/Child Health within the context of marginalized and vulnerable families:

- Outreach Counsellors
- Registered Dietitians
- Doulas
- Policy Makers
- Educators
- Family Support Workers
- Social Workers
- Midwives
- Indigenous Organizations
- Psychologists
- Registered Nurses
- Addictions Counsellors
- Physicians
- Students



**Please note:** Conference presentations are intended for a mature audience. In order to protect children from exposure to potentially sensitive content and to respect the experience of conference delegates, children over 6 months of age should not attend the conference.

# Pre-conference Session

## THE NEUROBIOLOGY OF TRAUMA AND ATTACHMENT - WHY PREGNANCY IS AN OPPORTUNITY FOR HEALING

October 7 - 8, 2019

Day 1: Monday, October 7th 9:00 AM - 4:30 PM

Day 2: Tuesday, October 8th 9:00 AM - 4:30 PM

### OVERVIEW

When a person is exposed to chronic stress, trauma, violence and/or neglect, brain development is impacted in a significant way. This in turn influences daily function, and the ability to develop in a typical manner. Science is teaching us that adversity has a direct correlation to both emotional and physical health that can be passed onto future generations. We are also learning that the quality and nature of the early attachment relationship is more imperative than we ever understood. How does this information relate to your role as a Maternity Care Provider? How can it support the dyads in your care to begin the healing process from a neurobiological perspective? Lastly, but most importantly, how can we find hope in our work when caring for such complex families?

For two days we will explore the neuroscience that is informing evidence-based practice for promoting attachment and helping to break the cycle of trauma and adversity. This is an opportunity to take a deeper dive into the underlying mechanisms that drive challenging behaviour, stress, and anxiety that can all be ever present during the perinatal period. There will be an opportunity to explore cases in your practice to better consolidate the new concepts. This is a time for learning, reflection and dialogue to support the immensely important work you do every day.

### INSTRUCTOR BIO

**Jan Ference**, BEd, MS in Counselling, IPMHF (Infant-Parent Mental Health Fellow)

Jan has spent her entire career working with at-risk children. She completed her Bachelor of Education at the University of Victoria, and got her first teaching job in an inner city school. She quickly realized that she wanted to know more about the social emotional well-being of the complex children she was teaching. She completed a Master's in Counselling at the University of Portland. About seven years ago while managing a behavior resource department for a school district, her colleague suggested she attend a three-day workshop on trauma, and that was Jan's first exposure to Dr. Bruce Perry's model. From that day on, she was inspired to change her practice and the systems that serve the most vulnerable children. Jan was lucky enough to work for two years at the NMT (neuromuscular therapy) Canadian flagship agency, Hull Services, in Calgary, Alberta. She had the honour to work as the Clinical Director, and focus on the implementation of NMT in an in-patient setting.

As of April 1, 2016, she has been leading a specialized, early intervention, trauma team. This team has had inspiring outcomes working intensely with women in the perinatal period who have opioid use challenges. They have been able to facilitate community system change based on the rich learnings gained from the perinatal work.

Lastly, Jan has completed an Infant-Parent Mental Health Fellowship through University of California. This fellowship has been life changing, as the knowledge and understanding of early care giving experiences is the key to understanding all life experiences that follow.

# Conference Day 1

## KEYNOTE SESSION

Wednesday, October 9, 2019 9:30 AM - 12:00 PM

## Finding Purpose

### OVERVIEW

In his presentation Myles will share life experiences on what it is like to live with a disability that is so stigmatized and misunderstood. By giving personal examples of sensory issues, processing, and executive functioning Myles hopes to encourage and inspire audiences, and society as a whole, to change the way they see and understand FASD.

### SPEAKER



**Myles Himmelreich** is a well-known motivational speaker, having presented nationally and internationally for many years, sharing his experiences of living with FASD. In his work as a mentor to other youth and adults with FASD, Myles has helped them to understand and accept that we may share similar struggles but also the desire to succeed. He has done a great deal of work as a consultant to many different agencies and at many conferences. Myles was also a co-lead of a ground-breaking study on the health and physical issues of adults living with FASD. His goal is to bring awareness, acceptance and a true understanding of FASD to his audiences.

# Conference Day I

## PLENARY SESSION

Wednesday, October 9, 2019 1:00 PM - 4:00 PM

## Trauma-Informed Reproductive Care

### OVERVIEW

Pregnancy, birth and postpartum can be an intense and challenging period for women who have a history of emotional trauma. As pregnancy outreach workers we have a unique opportunity to improve outcomes for women and their families.

This talk will address:

- What trauma looks like, its signs and symptoms
- How to respond to a disclosure of abuse
- Best practices for working with survivors of trauma
- How and when to refer a client to trauma resources

### SPEAKER



**Jill Culver** has over 20 years of experience working alongside families during their childbearing year. She is a counsellor in private practice, specializing in the emotional challenges that can accompany pregnancy, childbirth, and early parenting. Jill has experience working with families around mood issues, pregnancy and infant loss, traumatic childbirth, childbirth fear, intrusive thoughts and postpartum adjustment. Jill's previous roles include Birth and Postpartum Doula, Pregnancy Outreach Counsellor, Mental Health Counsellor and, most recently, a Perinatal Social Worker at Victoria General Hospital in British Columbia, Canada. Jill holds a Master of Social Work degree from the University of British Columbia.

Jill offers in-person counselling in Victoria, and around the world by Skype or phone. She can be reached at [jill.culver@me.com](mailto:jill.culver@me.com) or through her website [www.jillculver.ca](http://www.jillculver.ca). She speaks and runs workshops on mental health topics for doulas, birth-workers, and midwives.

# Conference Day 2

## ANNUAL GENERAL MEETING

Thursday, October 10, 2019 8:30 AM - 9:30 AM

## BCAPOP AGM

### OVERVIEW

Each year BCAPOP holds an annual general meeting (AGM) to share highlights and achievements over the past year as well as discuss plans for the year ahead.

The purpose of the AGM is to meet legal requirements and to conduct business on behalf of BCAOP, including:

- Present annual financial statements together with the directors' reports
- Elect or re-elect directors to the Board of Directors
- Appoint an auditors for the new financial year
- Vote on any special resolutions to the association's bylaws
- Deal with any other business arising

### Who Can Attend

Anyone can attend the AGM, although only BCAPOP Program Members (full-voting) can vote or ask questions during the meeting.

### Why Attend

In order to conduct business at the AGM, quorum must be met. Quorum is the minimum number of members in attendance as stated in BCAPOP's bylaws. Attendance can be in person or by Proxy (whereby one gives permission to another Program Member to vote on their behalf). Signed proxy voting forms must be submitted to BCAPOP in advance of the AGM.

If an AGM proceeds without quorum any and all business conducted at the meeting is invalid which could adversely impact the ability of BCAPOP Board and staff to conduct business throughout the year.

### Benefits of Attending

- Ask questions about the annual financial reports
- Ask questions about the general functioning of the Board and the affairs of BCAPOP
- Vote in election/re-election of directors to the Board
- Learn about the BCAPOP's achievements and future plans
- Connect with the Board of Directors and BCAPOP staff

### AGM Registration

Each Program Member (full-voting POP member) in good standing is entitled to vote. Each Program Member is entitled to one vote and should designate an individual from their organization to vote on its behalf or assign a Proxy. This is the Program Member's 'voting delegate'. The voting delegate must register for the AGM and pick up their voting card. Registration is held on-site prior to the AGM.

### Door Prize

AGM attendees will be eligible to win a door prize drawn at the conclusion of the meeting.

# Conference Day 2

## MORNING BREAKOUT SESSIONS

Thursday, October 10, 2019 9:30 AM - 12:30 PM

### Exercise as Medicine for a Healthy Pregnancy

#### OVERVIEW

The 2019 Canadian Guideline for Physical Activity Throughout Pregnancy states, “Prenatal physical activity should be considered a frontline therapy for reducing the risk of pregnancy complications and enhancing maternal physical and mental health.”

Over the last 30 years we have seen a dramatic increase in pregnancy complications such as gestational diabetes, gestational hypertension, pre-eclampsia and newborn macrosomia. It is postulated that this is due to excessive weight gain and obesity before and during pregnancy as well as an increase in sedentary lifestyle.

Unfortunately, less than 15% of pregnant women in Canada are meeting the minimum recommendations for physical activity. As a pregnancy outreach program worker, implementing a prenatal exercise program might not feel like a priority when there are so many immediate needs. Learn why it should be a priority and how it can both prevent and reduce the immediate and long-term needs of your clients. Discover how you can implement a prenatal exercise program for your clients, using the resources you have.

#### SPEAKER

**Melanie Osmack**, Director of Fit 4 Two® Pre and Postnatal Fitness

Melanie Osmack, founder of Fit 4 Two® Pre and Postnatal Fitness, has had the opportunity to work with perinatal women for over fifteen years. As a certified pre and postnatal fitness specialist and trainer of trainers, she is a sought after presenter, curriculum developer and educator. Melanie is passionate about sharing evidence-based information and promoting the fact that exercise is medicine for physical and mental health. [www.fit4two.ca](http://www.fit4two.ca)

# Conference Day 2

## MORNING BREAKOUT SESSIONS (Continued)

Thursday, October 10, 2019 9:30 AM - 12:30 PM

### Knowledge Exchange, Education and Training for Health Care Providers Caring for Pregnant and Newly Parenting Women Using Substances

#### OVERVIEW

Health care leaders and providers across perinatal and substance use services and supports have expressed education and training needs for supporting pregnant and newly parenting women using substances. A knowledge exchange, education and training plan and implementation are a key component of the Provincial Perinatal Substance Use Project for BC. The plan is being developed to address the knowledge to practice gaps identified across health care disciplines. A provincial working group of stakeholders across settings, services and sectors are involved in determining community based, regional and provincial training needs and opportunities to address them. This session will provide an overview of interdisciplinary training and supports available and under development through the project.

#### Key Attendee Takeaways:

- An overview of existing education and training for caring for pregnant and newly mothering women using substances
- Engage in discussion about collaboratively identified education and training in development
- Hear about progress on the provincial knowledge exchange, education and training plan and implementation
- Opportunities to share the training and education needs of pregnancy outreach services when caring for pregnant and newly parenting women using substance

#### SPEAKERS

**Pamela Joshi**, Project Manager, BC Women's Hospital

Pamela Joshi is the Project Manager for the Provincial Perinatal Substance Use Project at BC Women's Hospital. The project was developed to collaboratively design a blueprint for a continuum of perinatal substance use services and supports for the province. Pamela brings expertise in strategic planning, project management and stakeholder engagement to this work.

**Stacy Boon**, Senior Leader, Provincial Education, BC Women's Hospital

Stacy Boon is the Senior Leader, Provincial Education for the Provincial Perinatal Substance Use Project. Stacy brings extensive experience in the design and development of provincial adult education resources using a range of technologies and modalities

**Denise Bradshaw**, Director, Provincial Health Initiatives, BC Women's Hospital

Denise Bradshaw is the Director, Provincial Health Initiatives at BC Women's Hospital and Project Director of the Provincial Perinatal Substance Use Project. Denise brings over 25 years of experience as a senior health care leader in substance use with a specific focus on women. Throughout Denise's career, she has led the design and development of substance use services including leading edge substance use related programs across the lower Mainland. As a catalyst connector, Denise brings her dynamic approach to partnering across the province to address perinatal substance use.

# Conference Day 2

## MORNING BREAKOUT SESSIONS (Continued)

Thursday, October 10, 2019 9:30 AM - 12:30 PM

### Supporting Women and Families through their Legal Problems: A Guide to Free Resources in BC

#### OVERVIEW

Vulnerable women and families often find themselves facing a complex web of legal problems—these may relate to separation, family violence, child protection, or immigration. Early intervention in such issues is vital: over time, legal problems usually become more complicated and stressful, and may require expensive court time. However, many families need help to navigate confusing legal processes. People working in pregnancy outreach programs are often the first point of contact for those facing legal issues. You can play a crucial role in connecting vulnerable women and families to much-needed legal resources and supports.

With this interactive workshop session, you will learn about:

- How to help your client apply for legal aid;
- Legal representation and advice services for your client to help them with legal issues; and
- Legal information websites and booklets that you can use to support your clients with a range of legal issues including child protection, family violence, separation, criminal law, housing, and immigration.

#### SPEAKERS

##### **Kirk Ha**, Legal Services Society

Kirk Ha is one of the three Provincial Supervisors working out of the Legal Services Society's (LSS) Vancouver office. He provides support to all of the intake workers throughout the province; providing guidance on coverage and eligibility and applying our policies and procedures in a consistent manner. He has worked for LSS for 10 years and spent a large part of that time working as an intake worker himself. Kirk works with Wendy Kupchuk and Deneen Garrett, also Provincial Supervisors. All three are available to answer questions from both staff and clients and their support workers.

##### **Patricia Lim**, Legal Services Society

Patricia Lim is the Publications Development Coordinator at LSS. She works with the public and social service providers to develop legal information resources for people across BC. Legal Services Society's legal information publications are free, legally reviewed, and user-tested by members of the public.

##### **Silvia Tobler**, Legal Services Society

Silvia Tobler has worked for 10+ years as a Legal Information Outreach Worker (LIOW) at LSS. As a LIOW, she provides legal information, referrals, and legal resources to callers on the LIOW phone line and people visiting the Vancouver office. Silvia also assists clients at the Downtown Community Court and First Nations Court with legal aid applications and provides legal information and referrals to agencies.

# Conference Day 2

## AFTERNOON BREAKOUT SESSIONS

Thursday, October 10, 2019 1:30 PM - 4:30 PM

### Working in Isolation: Providing Services in Remote Communities

#### OVERVIEW

Raising your family in a remote community has its benefits, but reduced access to health services is a concern for most individuals, especially families. This session provides an opportunity for professionals to learn about how other programs have been successful supporting families in rural communities. Attendees will also have the opportunity to brainstorm new ideas and share success stories from their own programs.

Challenges to be discussed include:

- Hospitals that offer specialized care, such as obstetrics or midwifery, could take families out of their community for four+ weeks and distances of 1,000 KM or more.
- Giving birth within one's home community is not an option for many dwellers of remote communities.
- Services for prenatal and postnatal care, especially breastfeeding support, are limited or non-existent.
- Options for care during pregnancy and childbirth are limited when support for new mothers from family and service provider(s) is greatest – during the most vulnerable time, birth to 3-weeks post-partum.
- Assisted patient travel is possible, but many face financial burdens they would not if they could stay in their home community.
- Fewer options for services are available, thus families often 'get what they get' rather than look for 'fit' with service providers.

#### SPEAKERS

**Silvia Wagner**, Starting Smart Program Coordinator & Perinatal Outreach Worker; Wrinch Memorial Foundation Program Administrator

Silvia Wagner has always been passionate about working with children and families, which led her to pursue a career in that area at age 38. She now has a Diploma in Early Childhood Education and has worked in the field since 2007, first as an educator and then as a daycare manager. Silvia is now the Program Coordinator and Perinatal Outreach Worker at Hazelton Starting Smart POP, as well as the Program Administrator for the Wrinch Memorial Foundation since 2017. Silvia emigrated from Austria with her husband and two young children (now 25 and 27 years old) in 1999 to Hazelton, where she and her husband operate a hay farm.

**Lisa Tallio**, Healthy Beginnings Program Manager, Nuxalk Nation

Lisa Tallio, of Nuxalk and Heiltsuk ancestry, is an educator, leader, and program director with 12 years' experience. She is passionate about supporting others in creating, planning and pursuing education, family and child development, and leadership goals. As a grateful recipient of a Community Achievement Award from the BC Achievement Foundation in 2018, her passions are to give back to her community; supporting and building capacity through program management, governance, solid strategy, ideation, and collaboration.

Since January 2018, Lisa has been the Program Manager for the Nuxalk Nation's Nushlhiixwta – A Place of Treasures, a pregnancy and early child development centre with many supportive programs for families in the valley. Lisa strives to have a positive impact on families and caregivers – taking a strengths-based approach in supporting families reach their full potential. She is managing a team of 11 in delivering family and child services within Bella Coola.

Lisa is a mother of one son and two daughters, ages 10-25 years. She is also a grandmother of two. In the short time Lisa has worked in pregnancy outreach and early child development she has experienced healing and wellness through the awareness and education. She acknowledges that these experiences allow her to support her grandchildren in a way that helps her family heal from the intergenerational impacts of residential school. Lisa sees the impact healthy beginnings can have on the healing and development of her people.

# Conference Day 2

## AFTERNOON BREAKOUT SESSIONS (Continued)

Thursday, October 10, 2019 1:30 PM - 4:30 PM

### Working Mamas: Sex Trade and Motherhood

#### OVERVIEW

This workshop will help participants to better understand the issues faced by pregnant individuals and new parents who are engaged in the sex trade, support approaches and available resources. Sex-trade and motherhood is an issue faced by many pregnancy outreach program participants that is rarely discussed and pregnancy outreach program staff have potential to support participants to implement harm reduction strategies, safety plans and explore options to exit the sex trade. We will discuss case studies and the workshop participants will walk away with ways to open discussion around sex trade and support their participants more effectively.

#### SPEAKER

##### **Heather Cameron, RN**

Heather Cameron is a Registered Nurse with a Perinatal Specialty who has been working with women affected by problematic substance use in a variety of settings since 2005. Heather is also the current Executive Director of BCAPOP. Her passion to change the paradigm within communities supporting women and families with problematic substance use is derived from her experiences in the Downtown Eastside of Vancouver, the non-profit sector and a variety of hospital and community settings. Heather's vision of change is to bring together all professionals of the healthcare and social service sector to collaborate and provide wrap-around services that are truly family centred and based in best practices.

# Conference Day 2

## AFTERNOON BREAKOUT SESSIONS (Continued)

Thursday, October 10, 2019 1:30 PM - 4:30 PM

### Exploring the Four Domains of Health and Wellness

#### OVERVIEW

A true sense of health and well-being occurs when we give adequate time and attention not only to our physical health, but also our mental, social-emotional and spiritual health. The habits and practices may vary from person to person and family to family, but the foundational principles remain the same.

During this interactive workshop, we will explore a practical framework that can be used as a tool in facilitating conversations around health and wellness with parents and caregivers. We will also identify a variety of simple practices for each domain that can be incorporated into family life on a daily or weekly basis to help elevate the overall health and sense of well-being for both adults and children.

Participants will leave this session with a deeper understanding of the foundational principles of the four domains of health and wellness. They will also have a practical tool and increased confidence to support new parents in making small sustainable changes that over time will benefit the entire family - mind, body and spirit.

#### SPEAKER

**Alexia Gillespie**, BSN, B.Ed., Founder of Strong Healthy Kids

Alexia Gillespie was a free-range kid who developed a love for physical activity and the outdoors early in life. She has worked as an educator in a variety of settings with both children and adults for over 20 years. Through her personal health challenges and her own parenting journey, she has experienced the value of being part of a healthy and supportive community of people who are learning and growing together.

Alexia is passionate about empowering people to thrive by making small sustainable changes that over time, lead to optimal health and well-being in every aspect of their lives. In addition to working as a patient educator in the Heart Centre at St. Paul's Hospital, Alexia has her own health coaching practice and she is the founder of Strong Healthy Kids.

# Conference Day 3

## PLENARY SESSION

Friday, October 11, 2019 8:45 AM - 12:00 PM

## What's New in the Newest Canada's Food Guide?

### OVERVIEW

In this session, we will cover:

- Discuss changes made to new Canada's Food Guide, released on January 22, 2019.
- Look at the evidence behind the new food guide and how it can be used in a variety of settings.
- Focus on maternal and infant and family nutrition as related to the Food Guide.
- Consider related policy changes that are yet to come and/or what has been released thus far (perhaps we will have some by the time of this conference is happening).
- Look at Food Labeling changes as related the the Food Guide.
- Discuss current documents being released by Health Canada, such as "Everyone at the Table!" A Food Policy for Canada.
- Highlight current evidence-based key resources available in BC and from Health Canada that can be used in perinatal programs.

### SPEAKER

**Swati Scott**, RD, IBCLC

Swati Scott is a Community Dietitian working in Victoria, BC. She has worked in many areas of nutrition including acute care, mental health, primary care, home care, education, and most recently in community health. Her current area of practice focuses on maternal and infant nutrition working in Prenatal Outreach Programs. She is passionate about helping families make meals a positive and energizing experience and a time to connect. She believes that this needs to start as early as possible. She is an active participant in local, provincial, and international groups that focus on maternal and early years' health.

# Pre-Conference Schedule

## THE NEUROBIOLOGY OF TRAUMA AND ATTACHMENT - WHY PREGNANCY IS AN OPPORTUNITY FOR HEALING

### Pre-Conference Day 1: Monday, October 7, 2019

Time	Event
8:30am – 9:00am	Registration
9:00am – 12:00pm	Pre-conference Session
12:00pm – 1:00pm	Lunch
1:00pm – 4:30pm	Pre-conference Session (continued)

### Pre-Conference Day 2: Tuesday, October 8, 2019

Time	Event
9:00am – 12:00pm	Pre-conference Session
12:00pm – 1:00pm	Lunch
1:00pm – 4:30pm	Pre-conference Session (continued)

*Coffee and tea provided for morning and afternoon breaks - lunch is not included.*

The Westin's onsite restaurant, The Apron, is located on the lobby level. Some of the offsite dining options are listed on the conference website.

# Conference Schedule

## Conference Day 1: Wednesday, October 9, 2019

Time	Event
8:00am – 9:00am	Registration & Breakfast
9:00am – 9:30am	<b>Musqueam Welcome &amp; Opening Remarks</b>
9:00am – 10:45am	<b>Keynote: Finding Purpose</b>
10:45am – 11:00am	Break
11:00am – 12:00pm	<b>Keynote: Finding Purpose</b> (continued)
12:00pm – 1:00pm	Lunch
1:00pm – 2:30pm	<b>Plenary: Trauma-Informed Reproductive Care</b>
2:30pm – 2:45pm	Break
2:45pm – 4:00pm	<b>Plenary: Trauma-Informed Reproductive Care</b> (continued)

# Conference Schedule

## Conference Day 2: Thursday, October 10, 2019

Time	Event		
	Room 1	Room 2	Room 3
8:00am – 8:30am	Conference & AGM Registration		
8:00am – 9:00am	Breakfast		
8:30am – 9:30am	<b>AGM</b>		
9:30am – 10:30am	<b>Morning Breakout Sessions</b>		
	Exercise as Medicine for a Healthy Pregnancy	Knowledge Exchange, Education and Training for Health Care Providers Caring for Pregnant and Newly Parenting Women Using Substances	Supporting Women and Families through their Legal Problems: A Guide to Free Resources in BC
10:30am – 10:45am	Break		
10:45am – 12:30pm	Exercise as Medicine for a Healthy Pregnancy <i>(Cont'd)</i>	Knowledge Exchange, Education and Training for Health Care Providers Caring for Pregnant and Newly Parenting Women Using Substances <i>(Cont'd)</i>	Supporting Women and Families through their Legal Problems: A Guide to Free Resources in BC <i>(Cont'd)</i>
12:30pm – 1:30pm	Lunch		
1:30pm – 2:45pm	<b>Afternoon Breakout Sessions</b>		
	Working in Isolation: Providing Services in Remote Communities	Working Mamas: Sex Trade and Motherhood	Exploring the Four Domains of Health & Wellness
2:45pm – 3:00pm	Break		
3:00pm – 4:30pm	Working in Isolation: Providing Services in Remote Communities <i>(Cont'd)</i>	Working Mamas: Sex Trade and Motherhood <i>(Cont'd)</i>	Exploring the Four Domains of Health & Wellness <i>(Cont'd)</i>

## Conference Day 3: Friday, October 11, 2019

Time	Event
8:00am – 9:00am	Registration & Breakfast
9:00am – 10:30am	<b>What's New in the Newest Canada's Food Guide?</b>
10:30am – 10:45am	Break
10:45am – 12:00pm	<b>What's New in the Newest Canada's Food Guide?</b> <i>(continued)</i>
12:00pm – 12:30pm	Closing Remarks and Door Prize

# Registration

## Pre-Conference Session

October 7-8, 2019

### Pre-Conference Registration Fees

<a href="#">Register Now</a>	<b>Regular</b> Until July 28	<b>Late</b> Until September 15
BCAPOP Program Member (Full Voting)	\$300	\$350
BCAPOP Associate Member	\$325	\$375
Non-member	\$350	\$400

## 2019 BCAPOP Annual Conference

October 9-11, 2019

### BCAPOP Conference Registration Fees

<a href="#">Register Now</a>	<b>Regular</b> Until July 28	<b>Late</b> Until September 15
BCAPOP Program Member (Full Voting)	\$425	\$475
BCAPOP Associate Member	\$475	\$525
Non-member	\$600	\$650
1-day only: BCAPOP Member	\$225	\$275
1-day only: Non-member	\$250	\$300

Link to on-line registration: [www.bcapop.ca/events](http://www.bcapop.ca/events)

## Registration Fee Payment

Payment for registration fees can be made by credit card (on-line) or cheque. Please make cheques payable to BCAPOP and mail to:

**BCAPOP**  
c/o Baby's Headstart  
396 Tranquille Road  
Kamloops, BC V2B3G7

**NOTE:** Payment must be received within 30 days of registration.

Refunds will be made - less a \$50 processing fee - for cancellations received by September 15, 2019. No refunds will be granted for cancellations made after September 15, 2019.

**Registrant Substitution Policy:** Registrants unable to attend may substitute someone else from the same organization. A \$75 substitution fee will be charged. Substitutions requests must be made at the time of cancellation. No substitutions will be granted after September 5, 2019.

**Questions?** Email [popinfo@bcapop.ca](mailto:popinfo@bcapop.ca)

*In an effort to minimize paper use conference delegates are asked to print and bring their own copy of the program for their reference during the event or to view it on-line.*